

## **Convention Report**

### **Matt Montgomery, Safe Sport Chair**

I spent about half of my time at the Convention in Safe Sport meetings, which were very informative. There are changes coming to MAAPP, coaches certifications & trainings, and SSRP requirements. The rest of the time I attended various workshops, forums and talks. Please let me know if you have any questions regarding the information posted below.

### **Eastern Zone Coaches Meeting**

This was essentially an open forum style meeting led by Jeff Allen. Topics bulleted below.

- Explanation of proposal for team dues rate increase (later voted down). The proposal includes a significant increase in rates because there have not been rate increases in many years. The largest increase is for new teams to help dissuade team fractioning.
- Small discussion regarding MAAPP and encouragement for everyone to get onboard. Most clubs present indicated they were already following MAAPP without many issues.
- LSC Money. There will be legislation coming down regarding how much money LSCs are sitting on. USA Swimming believes that the money should be spent on the athletes. Shout out to how NE is spending their money: Club Grant Program, Girl's Leadership Camp.
- What can LSCs do to counter an overall drop in 12 & unders? Ideas from the room included: host shorter 12 & under only meets. 8 & under meets. Medal meets with no times – bucket at the end of each lane, swimmers get a gift/promotional item after each race – sponsored by local organization or by LSC.

### **Safe Sport**

I attended at least one Safe Sport meeting each day, including a one on one with Liz Hahn for tips on helping our LSC get more teams to achieve the Safe Sport Recognition Program (SSRP). I have roughly 5 pages of notes on tips to help clubs achieve SSRP and interpretations on MAAPP. I won't include everything here. Please do not hesitate to reach out to me regarding SSRP or if you have questions regarding MAAPP compliance.

Below is a compilation of information from the Safe Sport Committee Meeting, Safe Sport Chairs Workshop and Brain Space Meetings

- Learn Platform. The 3 trainings required for all adults (athletes, volunteers & coaches) have been combined into 1. It takes about the same amount of time (1.5-2hrs) but does not require you to log in several times.
- A new coaches training from USADA (anti-doping) is on the dock. This will likely be a requirement in 2020.
- There will be new promotional material coming out soon, including a new activity book for minor athletes.
- Safe Sport has teamed with [Coaching Boys to Men](#) and [Athletes as Leaders](#) (girl's version) to create topic cards for teams to use. These evidence based programs will replace the Safe

Sport Mondays. The cards will be for sale. I attended a presentation from these two organizations and found that the material was good. However, the programs are recommended to be presented in a single sex setting, which may be challenging for many clubs.

- SSRP will likely become a requirement for club registration in the near future.
- Most clubs who have started SSRP get caught up on the percentage requirements for athletes and parents to take the SS trainings. There is a way around this by hosting group trainings with one person logging in. contact me for details.
- There will be some changes to MAAPP. These changes will be sent to everyone in May 2020.
- Meet in a Box is coming soon. This is a kit available to clubs hosting meets to provide information to help clubs be Safe Sport compliant when hosting events.

### **Swim-A-Thon Workshop**

Two clubs and a representative from Team Unify were on hand to talk about how to boost Swim-A-Thon results.

- Maximize Donations: Choose a purpose everyone can get behind. Develop an “all In” approach.
- Keep daily or weekly track of progress. Create competition. Who has achieved which incentives.
- Corporate Sponsors: Help defray costs, make the day a big event, provide door prizes and incentives.
- Parent Incentives. Waive dues for highest earner. Have a raffle for volunteers.
- Have a Kickoff party. Garner interest by pumping up the event as much as possible.
- Contact local news about the event and what it is doing for the community.

### **Keynote Speaker, Trevor Moawad**

The primary focus of the keynote address was the power of negative thinking and negative talk. Essentially, according to Moawad, there is no proof that positive thought produces results, but there is measurable proof that negative thought has a negative emotional and physical effect. “Negative thinking works negatively all the time”. Negative talk produces more of a negative emotional and physical response than just negative thought.

- Negative thought is 4 to 7x more powerful than positive.
- An individual’s influence is 10% more effective than outside influence. When you say something out-load it is 10% more effective than using your inner voice.
- Ask your athletes, “Is your behavior in line with your goals?” If you want to be successful, the formula exists.

### **Russel Mark**

This was mostly Mark riffing on numerous subjects, including the incompetence of USA distance swimming, the difference between USA’s World Jr Athletes and World Senior Athletes as well as

a very quick review of important stroke mechanics for each stroke. I missed some of the presentation due to a Safe Sport meeting

- USA Distance Pride: The USA is behind the world in distance swimming. The LSCs need to take pride in distance training and competitions. Increasing volume in training is not the answer. Train at faster speeds more often. Use [Urbanček's color system](#). Get distance clubs from other teams to train together. Create a distance day or distance lane for workouts. "We need to shift the paradigm of what is fast in USA distance".
- World Jrs vs World Seniors: Jrs are spending a lot of energy leading up to the meet and day of competition on starts – maybe too much emphasis. Seniors doing suited efforts 2 days before competition and more power work leading up to the meet. Jrs doing a good job of processing results, both good and bad results.
  - The Good at Jrs: Flat-forward fly, dolphin kicks, freestyle catch, early freestyle breath, backstroke catch, explosive breaststroke.
  - The Bad...needs work: Backstroke starts, mid distance & distance free.
- Relay Starts: Step overs are faster and we're seeing more in younger competition. Keep it up! Wedge as far forward as possible, stay low, arm swing & step. Most are finishing arm swing to early. Forward arm extension should couple with jump. Eyes forward at moment of jump.
- Current Areas of Stroke Mechanic Focus:
  - Free:
    - connected & aggressive recovery into hand entry
    - Release finish earlier
    - Breath low & early in stroke
    - Couple catch with recovery: aggressive!
    - Great catch – high elbow
  - Back:
    - Catch- hands shallow to the side, palms back, engage the whole body
    - Body riding high in the water. Expose "rails" (armpit to hip/thigh)
    - Work on developing core & kick to be able to ride high at end of races
  - Breast:
    - Explosive body action
    - Hit an awesome line at end of each cycle – HIGH hips
    - Don't get stuck at peak of stroke, don't squeeze elbows or let hands get too close to chest.
    - Lots of variation in catch, but all with aggressive forward lunge
    - As kick finishes raise back up to the surface
    - High hips allow water to roll and reduce drag.
  - Fly:
    - Head not deeper than chest
    - Flat & forward (unless extreme spine & shoulder flexibility exists)
    - Chin forward at press, eyes down at catch

### **Age Group Development Workshop**

Led by coaches from Berkley Aquatics and NBAC. I only attended a little of this due to a Safe Sport meeting. Primary focus was how to attract & keep young swimmers and families.

- No 10 & under practice attendance requirements
- Quick meets. Friday night meets to keep weekends open.
- 8 & unders 30 minutes 2x week.
- Utilize Flex membership
- Offer stroke clinics to swim lesson participants, coached by coaches
- Add more groups at the bottom end.
- Intrasquad meets with awards
- Have fun at practice!